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RELATING: WHEN LOVE'S REALITY BITES, PG10

Celebrity pg 22

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Taser video should not have gone public: RCMP

INQUIRY The infamous video of the encounter between Polish immigrant Robert Dziekanski and the four RCMP officers should not have been publicly released as long as there was a possibility of criminal charges being laid, a top investigator with the Mounties said yesterday.

Supt. Wayne Rideout told the Braidwood Inquiry that he believed the video should have been treated as evidence.

He was called to testify after inaccuracies between the video and the RCMP officers' reports emerged during the inquiry.

Among the erroneous information initially released by the RCMP's media spokesman were that the Taser was only fired twice and that Dziekanski was fighting and resisting arrest.

In fact, the RCMP knew after testing the weapon that the Taser had been deployed five times and the video clearly shows that Dziekanski dropped to the ground almost immediately after being hit.

Don Rosenbloom, the lawyer representing the Polish government, said the RCMP have acted in a self-serving manner.

"When it was in their interest to go to the media and inform the media of their position, they did so," said Rosenbloom.

"When it wasn't in their interest to correct the untruths stated by the RCMP media people in the early stages, they didn't."

TORSTAR NEWS SERVICE

Please recycle

2010 Paralympics tickets

JEFF HODSON/METRO VANCOUVER

VANOC's Kristina Molloy, left, helps Laurie Hawk shoot while blindfolded at the launch of ticket sales for the 2010 Paralympic Games at the main branch of the Vancouver Public Library yesterday. Visually impaired biathlon uses an acoustic guiding system that uses different tones to guide the shooter. Story, pg 4

Caseloads, stress bury social workers: Study

Almost 60% in B.C. say they can't give clients due attention

MINÉ SALKIN
for Metro Vancouver

Nearly two-thirds — 60 per cent — of front-line social workers in British Columbia said they "rarely" or "never" give adequate attention to children and families due to unmanageable caseloads and high stress levels, according to a report released yesterday.

A study by the Pivot Legal Society involving 109 current and former employees of the Ministry of Children and Family Development (MCFD) suggests that B.C.'s child protection programs are compromised by a lack of government funding.

"Social workers felt that they didn't have the ability to do what they needed to do with families and fulfil their reporting responsibilities," said Darcie Bennett, researcher for Pivot.

Employees also reported that "burnout" took a toll on their emotional health as a result of the lack of resources and time, affecting their own relationships with their families and physical health.

Staff losses

- From 2002 to 2006, the Ministry of Children and Family Development lost more than 10 per cent of its staff each year, according to the report.

Pivot lawyer Lobat Sadrehashemi said the study's results are "alarming."

"The overarching principle is to protect the interests of children, and here we have more than half of social workers pointing to a lack of resources and preventative measures."

Paul Jenkinson, a spokesperson for the B.C. Association of Social Workers, said these problems have been known since the mid-1990s.

"It's disturbing that it continues," he said. "Seventy per cent (of welfare clients) are children who are born into poverty and have no political power."

ShareYourViews
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B.C. confirms eight new mild flu cases

HEALTH Eight new cases of influenza A (H1N1), also known as swine flu, have been confirmed in British Columbia, with 54 people now infected here.

Four of the new cases were reported in the Lower Mainland and four in Northern B.C.

Officials say those affected have either recovered or are recovering.

Three elementary schools in B.C. have been closed after students there came down with the flu or flu-like symptoms.

The World Health Organization is expected to decide next week whether to develop a vaccine for swine flu, and who would be eligible to get the shot.

METRO VANCOUVER

Local pg 3

All aboard new SkyTrain

Sports pg 12

Whitecaps stumble in T.O.

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Don't take a chance with British Columbia's future!

Confused about STV?

On May 12, BC votes in a referendum on a complicated electoral system – STV – the Single Transferable Vote.

STV's giant ridings – each with up to 7 MLAs and 350,000 voters – **would remove local accountability of MLAs.**

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Our 85 ridings would shrink to just 20!

And the complicated **STV system chops votes into fractions** – you may never know where your vote went.

Proponents claim STV makes politics better – like electing more women.

In the only 2 places where STV is used nationally – Ireland and Malta – women are hardly ever elected. Ireland elected just 13% women, Malta 9%. Under BC's current system the number is 23%.

Proponents say STV reduces party influence and increases cooperation – dead wrong.

With giant ridings, candidates will be more dependent on their party to get their message out. And Irish politics are more party controlled, back-room and nasty than almost anywhere.

STV advocates say third parties and independents will have a better chance of being elected. But in Malta under STV there hasn't been a third party elected since the 1960s, or an independent since the 1950s.

Under STV, in Victoria candidates need only 12.5% of the vote to be elected but in Dawson Creek 33% and in Prince George 25%.

That's simply not fair! The farther you are from the Legislature, the more votes it takes to get you there!

All these negative problems are why No STV – people from all political backgrounds – including NDP, Green, BC Liberal, BC Conservative, BC Refederation and non-aligned voters – oppose STV.

And it's why groups as different as the Vancouver Board of Trade and the Canadian Union of Public Employees – BC urge voters to reject STV.

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To learn more visit www.nostv.org.

Virgin Festival heads to B.C.
The Virgin Festival is coming to British Columbia as part of five new tour stops announced in Canada. The summer music festival will feature performances by the Black Eyed Peas, Eva Avila, New Kids on the Block, Simple Plan and Hedley. Stops are also planned in Quebec, Nova Scotia, Alberta and Ontario. METRO VANCOUVER

Local

Wine proceeds help Spirit Bear

B.C.-based winery Artisan Wines has released a new brand of Sauvignon and Pinot Blanc aimed at helping protect Spirit Bear habitat. Fifteen per cent of proceeds from sales of White Bear wine, which is made in the Okanagan, will go toward conservation efforts undertaken by the World Wildlife Fund and Tides Canada. METRO VANCOUVER

News in brief

COURT A 16-year-old boy has been charged in connection with last month's murder of a Maple Ridge man. The teen, arrested Tuesday, appeared in court yesterday to face manslaughter charges in the death of Donald Guy Hooker.

PHOTOS A man sought by police for photographing children at a lemonade stand in Chilliwack has contacted authorities to say he is a photography student and didn't mean to scare anyone. The children's parents have been notified.

SECURITY Coquitlam residents are being reminded to make sure their homes are locked at night after a 12-year-old girl was sexually assaulted in her bed Monday. Police said the suspect got in through an unlocked door.

ARREST A 20-year-old Langley man has been arrested in Abbotsford for allegedly holding up a drugstore for OxyContin. Police found him with drugs and a fake gun.

CHARGES Charges have been laid after an armed robbery at a Vancouver jeweller on May 4. Lindsay Cleela Farrell, 25, is charged with assault with a weapon, kidnapping and robbery. METRO VANCOUVER

metronews.ca
What's online today.

Video Tributes pour in for Winnipeg homeless man who saved drowning teen at **metronews.ca/canada**

Lotteries

Lotto 6/49	1, 4, 9, 20, 30 & 44 Bonus 18
BC 49	1, 2, 18, 30, 41 & 42 Bonus 4
Extra	1, 68, 73, 80

These results are not official.

Hopping aboard the new SkyTrain

Closed-circuit cameras, higher overhead bars among TransLink's improvements

JEFF HODSON
jeff.hodson@metronews.ca

TransLink's new SkyTrain cars have closed-circuit cameras to deter crime and a raised overhead bar so tall people won't smack their heads trying to move around.

The sleek cars, which are a storm-cloud grey with blue and silver and yellow highlights, are updated versions of the white Mark II cars that were introduced with the Millennium Line in 2002.

They should increase SkyTrain system capacity by 30 per cent.

"The impact for riders is very favourable and long overdue," said Doug Kelsey, president and CEO of the B.C. Rapid Transit Company, as he led tours on one of the 48 new cars.

A four-car train holds about 500 people. Kelsey called them "platform sweepers" and said they are the equivalent of launching a Boeing 737 every 108 minutes during peak hours.

The seating layout is different from what is in the existing Mark II cars or the original red-and-blue Mark I, and is expected to be easier on people with wheelchairs, strollers and bikes.

There are also four onboard closed-circuit cameras, more stanchions and an overhead bar. Kelsey, who is six-foot-three, said the initial overhead bar was at his forehead level, but was raised after consultation with TransLink.

"You want to be able to reach them, but you don't want to be smacking your head."

The full 48-car order cost $193 million. TransLink paid $100 million and the remainder was split between the federal and provincial governments.

JEFF HODSON/METRO VANCOUVER

B.C. Rapid Transit Company president Doug Kelsey leads a tour of SkyTrain's new Mark II car at Stadium SkyTrain station in Vancouver yesterday.

Imported

- Each car is hauled up from Mexico on an oversized flatbed truck.

Bicycle theft victim says racks are poorly designed

KRISTEN THOMPSON
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THEFT A Vancouver man whose $1,300 bike was recently stolen at Granville Island said the racks are poorly designed and it only takes the removal of one bolt to steal locked bicycles.

Jason Cushing, 28, who works at the public market, said thieves snagged his bike by unbolting a screw holding the rack to the ground, then lifting the rack and sliding his bike out.

"And it wasn't just the one (rack). Most of them are unbolted," Cushing said. "The designs of the racks are flawed. Any engineer could figure out how to make a better one."

Jason Cushing

Cushing said when he complained to Granville Island administration, they dismissed him, and that a week later the racks are still unbolted.

"I bike every day, everywhere," Cushing said. "I invested a lot of money in my bike and no one's doing anything about it."

"I don't even really want compensation. I want someone who's in charge to fix this so it doesn't happen to someone else."

Scott Fraser, a spokesperson for Granville Island, said he hadn't heard of Cushing's complaint.

"If this was a thief that's been doing this regularly, then we'd be bearing about this a lot," Fraser said, adding the racks on the island don't get replaced unless there's a "clear or obvious flaw."

Fraser did say that he would look into the situation.

PHOTOS COURTESY OF JASON CUSHING

The Granville Island bike rack that thieves unbolted, inset, from the ground to steal Jason Cushing's bicycle.

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British Columbia has recycled its 50-millionth tire since its tire recycling program started in 1991. More than 40,000 tonnes of tires are collected in B.C. every year, 80 per cent of which are recycled. **METRO VANCOUVER**

Paralympic tickets released

Games website swamped by buyers, says VANOC official

JEFF HODSON
jeff.hodson@metronews.ca

Matt Hallat's dream of racing down Whistler Mountain in front of a hometown crowd in the 2010 Paralympics edged a little closer yesterday with the release of the first round of tickets.

Hallat, 25, is an eight-year member of the Canadian Para-Alpine Ski Team who competed in Torino in 2006, and he described the energy and atmosphere at a Whistler test event last month as "outstanding."

"It just lifts you up and gives you a push," said Hallat, who lost his leg to cancer just before his sixth birthday and took up skiing two years later.

"It's amazing how much it affects you. I'm really excited to be at home and have friends and family and people I grew up with watching."

JEFF HODSON/METRO VANCOUVER

Lisa Kwiatkowski tries her hand at sledge hockey with Paralympic mascot Sumi at the main branch of the Vancouver Public Library yesterday.

Unlike the 2010 Olympic tickets, which were sold on a lottery basis, tickets for the Paralympics are first-come, first-served at vancouver2010.com.

Caley Denton, VANOC's vice-president of ticketing, said traffic on the website was heavy following the release of the tickets at 10 a.m. yesterday.

Tickets, he added, went on sale much earlier than ones for past Paralympics because of public demand.

"When I left at 11 a.m., we were close to selling out our gold-medal sledge game and our Paralympic downhill," he said.

Prices

- Tickets for the 64 competitions range in price from $15 to $50. Group tickets for most events are $10. Tickets for the opening ceremony cost $30 to $175.

Liberals deny NDP claim that Grits plan to convert St. Paul's

ELECTION The future of St. Paul's Hospital is an election issue again with the NDP accusing a Liberal candidate of suggesting the downtown hospital should be turned into an urgent-care facility.

Laura McDiarmid is alleged to have made the comments during a recent media interview.

NDP MLA Spencer Herbert said turning St. Paul's into an urgent-care facility would bring about a 50 per cent downgrade in services, likely to result in the closure of the emergency room, staff layoffs and a reduction in hours.

"For three elections now the Liberals continue to refuse to tell the community what they are going to do about St. Paul's," Herbert said. "Now the local Liberal candidate has suggested urgent care, which means getting rid of a full-service hospital."

"The Liberals ... refuse to tell the community what they are going to do about St. Paul's."
Spencer Herbert, NDP

Health Minister George Abbott said the allegations made by Herbert are untrue, and added that other options being looked at by the Liberal government for St. Paul's include redevelopment. **KELSEA BLOXAM/ FOR METRO VANCOUVER**

Condo to let drivers plug in electric cars

TECH Vancouver is expected to become the first city in Canada to have a condo where residents can plug in their electric cars.

Concord Pacific's new Cosmo building, which is going up downtown, will have electric vehicle (EV) technology in about 20 of its parking stalls.

Gerry Martselos, president of the Vancouver Electric Vehicle Association, said EV charging is "fast becoming a checklist item for future home buyers."

The Cosmo building is expected to be completed by 2012. **METRO VANCOUVER**

News in brief

PAY TransLink's new directors are paid almost five times more than the elected members they replaced, news1130.com reports. Last year, the board's members collected about $575,000 each. The mayors and councillors who served on the previous board earned about $122,000.

BAGS B.C retailers should provide biodegradable plastic bags, according to 39 per cent of people surveyed by Ipsos-Reid. Twenty-six per cent of respondents said they preferred no bags, while only six per cent said they would like free plastic bags. **METRO NEWS SERVICES**

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101 - 925 West Georgia St.
5720 East Blvd.
689 Thurlow St.
3 - 1855 Burrard St.
3121 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Port Moody
202 Newport Dr.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.

Canwest gets reprieve

Canwest Global Communications Corp., the country's largest media company, announced yet another extension to lender talks yesterday as it fights a massive downturn in the advertising market. REUTERS

Canada

Canada soft on asylum: Czech PM

Canada is soft on asylum seekers, and ends up being targeted by certain groups as a result, Czech Republic Prime Minister Mirek Topolanek, left, charges. In April, Canada granted asylum to 84 Czechs, all of them Roma — once called gypsies — who are often persecuted across Europe. Last year, 853 Czech citizens, all Romani, sought refugee status in Canada.

TORSTAR NEWS SERVICE

PM chides Russia over expulsions

DIPLOMACY Prime Minister Stephen Harper has lambasted Russia for expelling two Canadian diplomats, saying it puts further strain on Canada's relationship with Moscow. "It's not a cold war but it's not the ideal relationship either. We would like the Russians to behave in a more acceptable manner," Harper said yesterday.

TORSTAR NEWS SERVICE

News in brief

AVIATION Canada and the European Union signed an "open skies" pact yesterday under which airlines will be able to fly freely between any airport in the EU and Canada.

ILLNESS A second strain of influenza A may have mutated and be complicating the picture in Mexico, Canadian researchers reported yesterday.

REUTERS

Timeless **Robinson**

TRACEY TONG/METRO CANADA

A model poses at a preview of Richard Robinson's 2009 collection outside the Sussex Drive shop in Ottawa yesterday. This year, the haute couture designer celebrates 40 years in fashion.

Recession stress

Economic downturn raises anxiety: Survey

Stressed-out Canadians are losing sleep over the protracted economic meltdown, a survey showed yesterday, and that's translating into heightened anxiety and a drop in productivity on the job.

About one-third of 1,062 employees surveyed by Desjardins Financial Security said they are more stressed than a year ago, with economic worries being the main cause.

Another 30 per cent confessed they were suffering from tension-related symptoms such as anxiety, headaches and a lack of sleep.

Workers are fearful the recession will last much longer than economists have predicted, with 47 per cent believing the downturn will extend well into next year.

Many employees are logging longer hours at the office, but productivity is suffering as recession-weary workers buckle under the stress, said Michele Nowski, director of disability claims and disability management with Desjardins, which specializes in insurance and retirement savings products.

"Productivity can have a significant impact on an organization's bottom line, and while the employee may not necessarily be absent from work, they may not be present 100 per cent at work either," Nowski said.

Canadians are increasingly weary of layoffs, and identified money, workload and job security as the three biggest worries in their lives, the survey said.

It noted that mental health issues are now the fastest growing reason for days lost in the workplace.

Health officials became alarmed when stories about marital strife, substance abuse and a rise in depression increased as the economy worsened in the U.S., said Taylor Alexander, chief executive of the Canadian Mental Health Association's national office.

"People think the future looks pretty grim and they are worried that things may not turn around," he said.

REUTERS

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Bank of Canada sees no need for radical moves
The Bank of Canada believes unconventional policy is not needed to boost the economy, governor Mark Carney said yesterday. REUTERS

Dark mood in town where girl vanished

Sympathy for Victoria Stafford's family waning

After Victoria Stafford, known as Tori, disappeared from Woodstock, Ont., on April 8, residents posted thousands of posters showing Tori's smiling face.

Four weeks later, the posters are still there, but anger has replaced fear and gossip has taken over from populist efforts to find Tori.

Marcel Fitzmaurice, a former neighbour of Tori's family, went berserk with worry the day it happened. He and his wife Brenda searched and put up posters. They still hope to find Tori but said the negativity is overwhelming.

"I think everyone's first reaction was: Oh my God, somebody has come into town and abducted a little girl," said Fitzmaurice. But when police stressed Tori went with someone she knew, that changed how people felt, he added. "The longer it goes on, it starts to become a part of life and we accept it."

> **"The focus has been totally lost now."**
> Christine Ebel

In small towns, where everyone knows everyone's business, cruel speculative stories about Tori's mother, Tara McDonald, being blackmailed for a drug debt began flying within days after Tori disappeared.

McDonald had heard the rumours, too, and she publically challenged them, saying she was not in any trouble and is not a drug user. But sympathy for the family, especially for McDonald, has eroded.

Christine Ebel, who runs Daisy Fresh Drycleaners in downtown Woodstock, said McDonald's attitude hasn't helped. "She's turned this into a media circus for herself," said Ebel. "Few people are talking about Tori and everyone about Tara. The focus has been totally lost now," she said.

McDonald holds a press conference every day at 1 p.m., except for weekends, on her front lawn. While that has kept the story in the news, it has also triggered ugly chatter about her choice of clothes, the immaculate makeup and lack of emotion.

Yesterday at the daily press conference, Rodney Stafford, Tori's father, said unanswered questions about his daughter's whereabouts stream through his head "all day, every day." McDonald said she was frustrated the police investigation has yielded few leads.

Meanwhile, Stafford knows small towns can be big-hearted, and alternately pitiless. "I'm very grateful to everyone who has helped look for Tori. I have no complaints."

TORSTAR NEWS SERVICE

Relax rules on deporting nannies, report says

RESIDENTS Nannies who quit their jobs because they are mistreated should be given more time to meet requirements to become permanent residents of Canada before being deported, says a new report.

"No one should feel that they have to tolerate mistreatment in the short-term for the long-term gain of permanent residency," said a report from the parliamentary foreign affairs committee on non-status and temporary foreign workers tabled in the Commons yesterday.

Rules

- Nannies must complete 24 months of work before they can apply for permanent residency in Canada.

If nannies don't meet required criteria within three years they are sent to their country of origin, unless they are granted refugee status on humanitarian and compassionate grounds, which the report notes is rare.

TORSTAR NEWS SERVICE

Edmonton **Boot camp for teens**

CANDICE WARD/FOR METRO CANADA

Const. Jason Lefebvre, left, leads students through a boot camp yesterday at Edmonton's McNally High School. The camp is part of a program to give youth an alternative to paying a fine for offences like drug use and possession, shoplifting or fighting.

Two bank robberies by same suspect?

CALGARY Police believe the same suspect is responsible for two separate bank robberies within two hours on Tuesday.

Robbery Staff Sgt. Keith Cain said a person matching the same description and similar offences may have robbed two TD Canada Trusts in the afternoon. The suspect fled on foot in both cases.

METRO CANADA

Libyan convicted in Lockerbie bombing must drop appeal to return home: Scotland

A Libyan jailed in Scotland for his role in the 1988 Lockerbie bombing will not be repatriated unless the man drops an appeal against his conviction, Scottish officials said. Abdel Basset Ali al-Megrahi, who is terminally ill with cancer, is the only person convicted of the 1988 airplane bombing. METRO NEWS SERVICES

World

U.K.'s G.I. Joes back in action

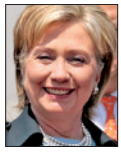
With their swivelling eyes, gripping rubber hands and lifelike features, Action Man toy soldiers, the British equivalent of G.I. Joe, were the pride and joy of British boys for decades. Production stopped in the 1990s, but the British Ministry of Defence has recently unveiled its own version of the action figures, the HM Armed Forces dolls. REUTERS

U.S. regrets Afghan deaths: Clinton

The United States offered its regrets yesterday for the deaths of Afghan civilians as it brought together the presidents of Afghanistan and Pakistan to get them to co-operate against the Taliban.

The Red Cross said dozens of Afghans died after U.S.-led airstrikes in Farah province this week, while local officials said more than 100 civilians may have been killed, a figure that would make it among the deadliest days for Afghans since the fall of the Taliban in 2001.

U.S. President Barack Obama was to meet Pakistan's Asif Ali Zardari and Afghanistan's Hamid Karzai at the White House yesterday amid U.S. doubts about both men's commitment and capability to tackle Taliban militants.



Clinton

Civilian casualties caused by U.S. military operations in both countries, including drone strikes inside Pakistan, are deeply unpopular among Afghans and Pakistanis and have made it harder for both men to co-operate with the United States.

While the talks aim to boost co-operation between Afghanistan and Pakistan, they have been overshadowed by U.S. concerns about Pakistan's stability and civilian deaths in Afghanistan.

"We deeply, deeply regret that loss," U.S. Secretary of State Hillary Clinton said at a meeting yesterday with Karzai and Zardari and their aides, as well as several top U.S. officials. REUTERS

Maoists clash with police after Nepal's PM resigns

KATHMANDU About 1,000 stone-throwing Maoist protesters clashed with police in Nepal yesterday as political parties struggled to form a new government.

Major parties tried to woo the former rebels for a new government after their leader, Prachanda, quit as prime minister on Monday because Nepal's president had stopped him from removing the nation's army chief.

Prachanda, who heads the Maoist party, said his group would not be part of any new government until the army chief was fired.

The Maoists, who hold nearly 40 per cent of the seats in parliament and retain popular support, could make governing difficult for a new coalition if they are not included.

The street protests highlighted fears that Nepal could be plunged into unrest as it struggles to build a young republic after the civil war that cost about 13,000 lives. REUTERS

Copulating corpses trigger uproar

BERLIN An exhibit showing two corpses copulating has triggered uproar among German politicians.

German anatomist Gunther von Hagens, famous for his "Body Worlds" shows of preserved cadavers, will be displaying skinless corpses — including a "plastinated" man and woman having sex — from today in Berlin.

"To earn money with corpses is absolutely unacceptable. But this couple is the worst thing yet and should not be shown," said the Green Party's Alice Stroever, who heads the city's culture committee.

Pictures of the couple in the "Cycle of Life" exhibition show a skinless man lying on his back with a woman sitting on him with her back towards his head. REUTERS

Australia **Best job in the world**

TOURISM QUEENSLAND / REUTERS

The winner of the Best Job in the World competition, Ben Southall of Britain, right, crouches on a mermaid statue yesterday. Southall beat 15 other finalists in the tourism promotion competition, winning $110,000 US and the role of "island caretaker" on the Great Barrier Reef for six months.

News in brief

CANCER Three genes in mice may help explain how breast cancer cells overcome a natural barrier to get into the brain, scientists said yesterday. Two of the genes have already been found to help cancer spread to the lungs, the team reported in the journal Nature. REUTERS

Drug violence on Mexico border is decreasing: U.S.

WASHINGTON Drug violence on the Mexico border has been reduced as a result of the thousands of troops that President Felipe Calderon sent to Ciudad Juarez, U.S. Homeland Security Secretary Janet Napolitano said yesterday.

Turf wars between rival drug cartels are threatening stability in Mexico, where 6,300 people were killed last year due to drug violence. Napolitano said the Mexican troops sent to Juarez were having an impact. REUTERS

Flu **Outbreak:** WHO advises against eating meat from infected pigs

- Meat from pigs infected with the influenza A (H1N1) virus, also known as swine flu, should not be eaten by humans, the World Health Organization said yesterday. Other groups have said the flu is not food-borne, but the WHO stated it was possible for the viruses to survive freezing and remain in thawed meat.
- The Canadian Food Inspection Agency said yesterday pigs that have been infected with the virus would be allowed to enter the human food supply once the animals had recovered.
- Mexico stirred back to normal life after a five-day shutdown of businesses due to the virus. Traffic and pedestrians again clogged the streets, even as the confirmed death toll there hit 42.
- Sweden found its first case in a woman in her 50s who visited Chicago and had tested positive for the virus. Poland also recorded its first case.
- The U.S. Centers for Disease Control and Prevention has received eight million hits on its website daily as news of the outbreak spreads, and is turning to social media like YouTube, Twitter and podcasting to reach the public. REUTERS

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U.S. woman gives birth in Peru prison
A U.S. citizen serving a 20-year sentence in Peru for aiding leftist guerrillas has given birth to a baby boy. The baby's father is a former member of the radical Tupac Amaru Revolutionary Movement and is now a lawyer in Lima. REUTERS

U.S. gets help in terror fight

Pakistani, Afghan leaders pledge to work with U.S. against al-Qaida

U.S. President Barack Obama won a fresh promise from the leaders of Pakistan and Afghanistan yesterday to work together to defeat al-Qaida, and vowed he would make "every effort" to avoid civilian deaths.

Afghanistan's Hamid Karzai and Pakistan's Asif Ali Zardari came to Washington after heavy criticism of their efforts to combat a Taliban resurgence in their countries.

After talks, Obama said both men "fully appreciate the seriousness of the threat" posed by al-Qaida and their allies.

Despite the warm words, the deaths of dozens of Afghan civilians this week, possibly in U.S.-led air strikes, cast a shadow on the talks.

"Pakistani democracy will deliver, the terrorists will be defeated by our joint struggle," Zardari said. "Me, my friend President Karzai and the United States ... will stand shoulder to shoulder with the world to fight this cancer and this threat."

"Me, my friend President Karzai and the United States ... will stand shoulder to shoulder with the world to fight this cancer and this threat."
Pakistani President Asif Ali Zardari

The Obama administration has sharply criticized both Karzai and Zardari in the past, questioning their commitment and capability to tackle the threat from al-Qaida and the Taliban.

REUTERS

News in brief

GEORGIA Police and protesters clashed in Georgia yesterday during a month-long opposition campaign to oust President Mikheil Saakashvili, stoking fears of unrest after a failed military mutiny. Police accused protesters of trying to storm their base, and television pictures showed police and demonstrators fighting with batons and sticks.

GAY MARRIAGE Maine's governor signed a bill yesterday legalizing same-sex marriage, clearing the way for the Northeastern U.S. state to become the fifth in the country to do so. But the law could be delayed or even voided by a possible statewide referendum if opponents to the bill gather enough support in the coming weeks. REUTERS

House farm chief opposes Obama's climate-change bill

CLIMATE CHANGE The Obama administration is being unfair to the ethanol industry with its proposals on greenhouse gas reduction, the House Agriculture Committee chairman said yesterday, adding that he will not support any climate-change bills.

"You're going to kill off the biofuels industry before it even gets started. You are in bed with the oil industry," Colin Peterson told officials from the Agriculture Department and the Environmental Protection Agency at a hearing on ethanol's impact on land use and greenhouse gases.

REUTERS

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Comment & Views

Comment

Love's irrational yearning

Relating
Andrea Woo
metronews.ca/woo

"It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades."

When Megan McAllister initially chose to stand by her fiancé, Philip Markoff, many questioned why, given the charges he faces, she would defend him.

Markoff was linked to the catchy but unenviable nickname of "the Craigslist Killer" after allegedly trolling the erotic services section of the site for victims, luring them to hotel rooms, binding their hands with plastic cuffs and robbing them at gunpoint.

He is accused of killing New York masseuse Julissa Brisman in a Boston hotel room after she resisted.

McAllister, it appears, did what many do after a relationship takes a traumatic turn and went spiralling into a pit of momentary lunacy, in which reason and logic are overpowered by an irrational yearning to return to a reality that no longer exists.

When Markoff was charged with murder, for example, the 25-year-old told the Boston Herald: "I will stand by Philip as I know he is innocent. I love him now and always will."

When police suspected a connection between the murder and two other robberies from hotel rooms in Boston and Rhode Island, McAllister told the Herald he was "intelligent, loyal and the best fiancé a woman could ask for."

Their wedding was called off, but there was clearly no shortage of praise.

Then it was revealed Markoff hid 16 pairs of underwear under the bed they shared — mementos, police said, from the victims. Those were found along with a gun, believed to be the one used to kill Brisman, and about 60 pairs of flex-cuff restraints.

The gushing statements dwindled.

A strange thing happens to a mind when it is jolted awake from a long slumber of lies. For some frenzied period, it can render a person blind to scathing truth.

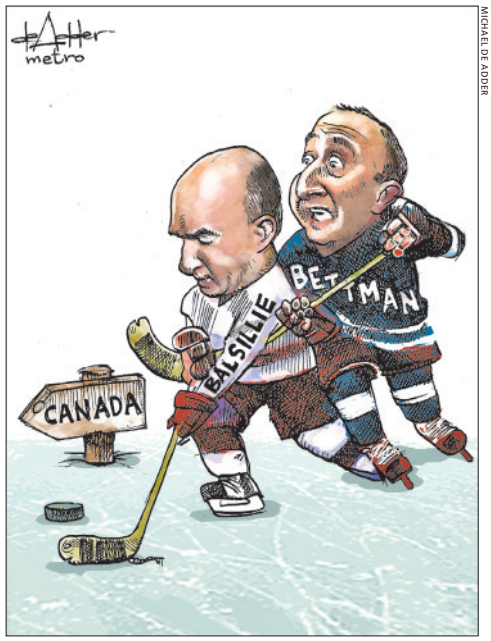
It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades and gives way to sound reasoning and common sense.

Two weeks after Markoff was charged with murder, McAllister's lawyer Robert Honecker Jr. announced that she is "moving on with her life," sans Markoff.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs



MICHAEL DE ADDER

Views

Offering shelter from a violent storm

Beverley Wybrow

Violence against women remains a critical issue in Canada: It affects not only the safety, potential and equality of women across Canada, but also children and young people.

Though domestic homicides have declined by half over the last 30 years, there are still one to two women murdered every week, and that is only the tip of the iceberg: Every year in Canada, more than 100,000 women and children seek refuge in a shelter, at least one in five teens in Canada experience dating violence and up to 360,000 children in Canada witness violence in their home.

So what is the answer to ending violence against women in Canada? At the Canadian Women's Foundation, we believe the answer is twofold: We must provide short- and long-term support to women and children who have already experienced abuse, so they can heal and rebuild their lives; and we must prevent it from happening in the first place by changing the attitudes and beliefs that lead to abusive behaviour.

The Canadian Women's Foundation funds initiatives in shelters and community organizations across Canada that work along the full continuum of ending violence against women: This includes teaching young people about healthy relationships, personal boundaries and mutual respect; providing shelter to women fleeing abuse; counselling children who have witnessed abuse to help them heal from the experience and prevent them from becoming victims or abusers themselves; and rebuilding the lives of women and their children after they have experienced violence.

What can you do to help? Support Shelter from the Storm, Canada's largest national campaign dedicated to ending violence against women. Funds raised will support more than 450 shelters for abused women across Canada, long-term support services that help women and children rebuild their lives after abuse, and violence prevention programs that are breaking the cycle of abuse.

Beverley Wybrow is the president and CEO of the Canadian Women's Foundation, which is dedicated to improving the lives of women and girls in Canada. For more, visit canadianwomen.org.

How you can help

- Donate online at shelterfromthestorm.ca or in-person at any Winners, HomeSense or BMO Bank of Montreal branch.
- Purchase a limited-edition Shelter from the Storm T-shirt ($12.99), teddy bear ($12.99) or reusable tote with lunch bag ($4.99) at Winners or HomeSense. Net proceeds will be donated to the campaign.
- "Shop 'til it Stops" today: A percentage of every purchase made at Winners and HomeSense today will be donated to Shelter from the Storm.
- Listen to the Shelter from the Storm radio-athon today between 6 a.m. and 6 p.m. on participating radio stations.

Worth mentioning

Climate deal needs billions: UN

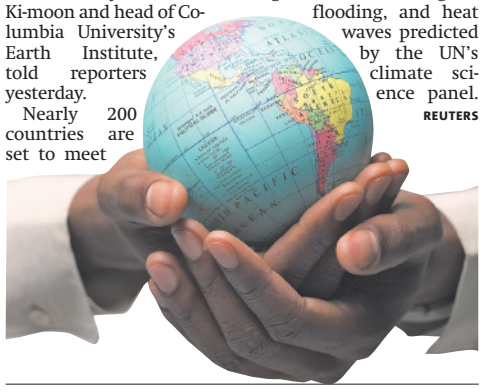
ENVIRONMENT The world will fail to agree to control emissions of global warming pollution this year in Copenhagen unless rich countries fund billions of dollars in annual climate aid to poor nations, a UN adviser said.

"If there's no money on the table, no agreement," Jeffrey Sachs, an adviser to UN Secretary-General Ban Ki-moon and head of Columbia University's Earth Institute, told reporters yesterday.

Nearly 200 countries are set to meet in Copenhagen in December to reach a successor to the Kyoto Protocol, which runs out in 2012.

Sachs said rich countries need to come up with tens of billions of dollars per year in aid. This would help developing countries mitigate greenhouse gas pollution and adapt to consequences of global warming like more droughts, flooding, and heat waves predicted by the UN's climate science panel.

REUTERS



Metro Online Poll Results

51% SAID YES	Should Ottawa retaliate against the EU seal product ban? *Weigh in on today's question at metronews.ca*	49% SAID NO

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Bill unveiled to reverse U.S. online gambling ban

Legislation aimed at reversing a three-year-old ban on Americans placing online bets was introduced yesterday by U.S. House Financial Services Committee chairman Barney Frank. The act would establish a federal regulatory and enforcement framework for online gaming. REUTERS

Business

DOLLAR		OIL	TSX
0.75¢	C$ $85.78 US US$ $1.1658	$56.34 US $2.50	10,143.43 262.71

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TSX hits 10,000 mark

Optimism fuels highest close since November

Toronto's main stock index shot past 10,000 points to its highest close in six months yesterday as resource and financial issues led a rally fuelled by optimism that the global economy is stabilizing.

Aiding the sentiment was stronger-than-expected economic data from Canada and the United States, particularly a private-sector U.S. employment report that showed job losses slowed dramatically last month.

The S&P/TSX composite index finished up 262.71 points, or 2.7 per cent, at 10,143.43.

Seven of the index's 10 main sectors rose. The energy and materials groups climbed 4.8 per cent and 2.9 per cent respectively, while the financial group gained 3.1 per cent.

"I think, psychologically, it's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is."
Kate Warne, strategist

Those sectors make up nearly three-quarters of the index's weighting, and helped push the market to its highest intraday level since Nov. 5, and its highest close since Nov. 4.

"I think, psychologically, it's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is," said Kate Warne, Canadian market strategist at Edward Jones.

"It's greater confidence that even if the world economy isn't at the bottom now, it's getting very close, and that we're beginning to see signs that things may start improving."

However, Warne and other market watchers are wary of calling the end of the market downturn.

"Nobody knows, ever, what the market is going to do short-term, and I certainly wouldn't expect the market to continue to move higher every day on optimism," added Warne. REUTERS

Geneva **Precious stone**

DENIS BALIBOUSE/REUTERS

A model displays a rare fancy vivid blue diamond during an auction preview at Sotheby's in Geneva, Switzerland, yesterday. The diamond was found in 2008 in the historic Cullinan mine in South Africa and weighs 7.03 carats. It is estimated to fetch some $5.8 million to $8.5 million US when it goes on sale May 12.

Business in brief

WIRELESS Palm Inc. said yesterday that Bell Mobility would start selling its upcoming Pre smartphone in the second half of this year. REUTERS

Data on building, purchasing beat expectations

REPORTS Canadian building permit and purchasing managers data came in much stronger than expected yesterday, boosting the currency and hopes the country's economic slide could be slowing.

A report showed the value of building permits surged by 23.5 per cent in March from February after five months of declines. It was the largest month-on-month increase since the 28.7 per cent gain recorded in March 2007.

Another sign the economy is improving was the release of the Ivey Purchasing Managers Index, which rose to 53.7 in April from 43.2 in March. A reading of over 50 indicates an increase in activity. REUTERS

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Players' MVP candidates same as Hart candidates
Alex Ovechkin, Evgeni Malkin and Pavel Datsyuk are this year's NHLPA nominees for the Lester B. Pearson award. METRO NEWS SERVICES

Sports

Howard headlines All-D team

Dwight Howard, the reigning NBA Defensive Player of the Year, and NBA MVP LeBron James of Cleveland highlight the 2008-09 NBA All-Defensive Team announced yesterday. Rounding out the team are Kobe Bryant, Chris Paul and Kevin Garnett. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

OT fun for Pens, Canes

Stanley Cup
2009 **Playoffs**

Kris Letang's goal with 8:37 left in overtime lifted the Pittsburgh Penguins to a 3-2 win over the Washington Capitals in Game 3 of their Eastern Conference semifinal series in Pittsburgh.

Sidney Crosby won a right-circle draw back to Mark Eaton, who dished to Letang for a rocket one-timer at the point. The shot deflected off the inside of the leg of Caps defenceman Shaone Morrisonn, changed direction, and hit the net on the short side.

Letang also contributed a helper for the Penguins, who cut their deficit to 2-1 and have a chance to even the best-of-seven matchup at home on Friday.

Ruslan Fedotenko and Evgeni Malkin lit the lamp, and Marc-Andre Fleury needed just 21 saves for the victory. Alex Ovechkin picked up a goal and one assist while Nicklas Backstrom also scored for the Capitals.

JASON COHN/REUTERS

Evgeni Malkin celebrates his third period goal last night.

Hurricanes 3 Bruins 2 (OT)

Jussi Jokinen scored 2:48 into the first overtime, his second game-winner of the playoffs, and Carolina gained a 2-1 series lead with a 3-2 triumph over Boston in Game 3 of this Eastern Conference semifinal bout in Raleigh.

Eric Staal collected his team-leading seventh goal and 10th point during the playoffs, logging the first power-play goal of this series in the process for Carolina, which is now a perfect 6-0 in the post-season when Staal scores.

METRO NEWS SERVICES

Showdown looms between Balsillie and Bettman

RELOCATION NHL commissioner Gary Bettman and Jim Balsillie appear to be heading for another showdown over the BlackBerry billionaire's brash attempt to purchase the cash-strapped Phoenix Coyotes.

A day after the Coyotes filed bankruptcy papers and Balsillie tabled a $212.5-million US offer to buy the struggling franchise and move it to Ontario, Bettman said he doubted Balsillie would gain approval from league owners to purchase the team. REUTERS

Whitecaps fall to Toronto FC

Soccer
Canadian Championship

SOCCER Coming into last night's game against the Vancouver Whitecaps in Toronto, there were questions whether Toronto FC would rest some of its starters for a busy stretch of league play.

But, as promised, coach Chris Cummins fielded a largely first-string lineup and played them the full 90 minutes, a testament to the value he places on winning the Canadian Championship.

It was one of the few changes — Vancouver native Kevin Harmse in place of American Sam Cronin — that made the difference. The Canadian midfielder headed home a beautiful cross from Dwayne De Rosario in the third minute as TFC beat Vancouver 1-0.

TFC had nine shots on goal to just two for the visitors.

Vancouver coach Teitur Thordarsson said he was "quite happy with the way we tackled the game but, of course, not happy with the result."

He felt his team should have been awarded a penalty in the seventh minute when James appeared to be pulled down in the 18-yard box by Nana Attakora-Gyan.

The winner of the three-team tournament gets the Voyageurs Cup and entry into the CONCACAF Champions League, which features the best teams in North and Central America and the Caribbean.

TORSTAR NEWS SERVICE

Tonight

VS

5:00 p.m.
CBC/TEAM 1040

A fourth consecutive playoff road victory would give the Canucks a stranglehold on the series with Game 5 set for Saturday at GM Place. Tuesday's 3-1 loss marked the first time the Blackhawks have been held to less than two goals in nine post-season outings.

Catch me if you can: The Canucks have scored at least the first two goals in each game this series and have outscored their opposition 6-1 in the first period during the playoffs. METRO NEWS SERVICES

Ability to adapt is crucial

ToulBox

Scott Rintoul
metronews.ca/toulbox

In taking a 2-1 series lead in Chicago on Tuesday, the Canucks showed off the premier reason for their legitimacy as a Stanley Cup contender — their ability to adapt.

After playing at the Blackhawks' preferred pace for the first two games, the Canucks imposed a blend of aggressive forechecking, responsible defence and physical commitment that rendered an explosive young Blackhawks team relatively impotent in its offensive attack.

It was further proof that this year's contingent cannot be typecast as so many teams of years past.

Vancouver continues to prove it is willing to play whatever styles and make whatever sacrifices necessary to win hockey games.

That doesn't make the Canucks the favourite to hoist Lord Stanley's chalice next month, but it does give them as good a shot as anybody at doing so.

Scott Rintoul can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m. scott.rintoul@team1040.ca.

For the mom-to-be
Help the mom-to-be avoid the development of stretch marks with Mama Bee Belly Butter, $19.99. **METRO NEWS SERVICES**

Mother's Day GIFT GUIDE

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

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#3 Frugal fashionista

Visit: winners.ca
This drawstring handbag is available at Winners for $39.99.

#4 For a good cause

Visit: joe.ca
Rethink Breast Cancer Fashion Targets Breast Cancer T-shirt, $12.

#5 Summer fashion

Visit: gapcanada.com
Strapless cotton bauble dress in coral by Gap, $74.50.

#6 Bright and cheery

Visit: homesense.ca
This colourful apron is available for $7.99 at HomeSense.

#7 The perfect accessory

Visit: lauracanada.com
Phone: 1-877-973-6090
Yellow, fuchsia and green bangles, $16 each.

#8 Purple power

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Spoil her with these must-haves

JANINE FALCON
for Metro Canada

This year, Mom has probably cut back on some of her must-haves, so Mother's Day is a good time to help out with love, yes?

Go luxe with a fancy lipstick such as **Guerlain's Rouge Jewel Lipstick** ($48, Guerlain counters). Or maybe restock Mom's skin care — **Dermalogica Daily Microfoliant** ($70), a gentle exfoliating powder and beauty-editor fave, is on a lot of better-budget-times wishlists. Or go natural with **Consonant Body Organic** soaps, body washes or lotions (from $12, consonant body.com).

Beauty kits make great gift cents these days. An **H20+ Sea Salt Gift Set** brings the beach to the bathroom with Sea Salt body wash, foaming body polish and more ($30, h20plus.com). **CARGO's 7 in 7 kit** contains everything Mom needs to be gorgeous in seven minutes, from concealer/foundation to lash treatment to gloss ($59, Sephora). For new mothers, **Mama Mio's You're Amazing! New Mama Kit** includes a rich body cream, relaxing-scent candle and a wee temperature-regulating snuggle cap for baby ($51, The Bay).

Help Mom become her own best makeup artist. **Physicians Formula Shimmer Strips** eye shadow palettes for blue, green, hazel and brown eyes come with how-tos for three looks from natural to dramatic ($15.79, drugstores); the **Smashbox Beauty Guru palette** has blush, bronzer, four eye shadows and four lip colours, plus application instructions ($54, Sephora).

Perfume is always a luxurious gift. Earth-friendly **Demeter Vintage Naturals** include Rosebush, Mimosa and Geranium scents and are made with natural essential oils and corn-based alcohol ($68 each, Sephora). **Elizabeth Arden Pretty** is a youthful floral with fruity topnotes and a warm amber finish ($63, department stores). **Marc Jacobs Summer Splashes** in Rain, Cucumber and Lemon are light, sophisticated odes to warm-weather fun ($80 each, Holt Renfrew).

Book Mom in for a **Kérastase salon treatment**, which involves a hair consultation, pro-administered shampoo, conditioner, texture-specific boosting treatment, and a bliss-out head massage. New this year is Volumorphose, designed to add body to fine hair, and Oléo Relax Slim, which puts a lock on thick, dry, disobedient hair (about $35; call 1-866-KERASTASE for salons).

Mom's tired hands and feet could use some TLC. "Reflexology is pressure-point massage on feet and hands which also releases body tension and stiffness," says Rose Husen, RMT and reflexologist at Concepts Salon & Spa (pricing varies between spas or independent therapists, but generally starts at about $45 for 30 minutes).

Smashbox Beauty Guru palette, $54, and H20+ Sea Salt Gift Set, $30, below.

Clockwise, from top: Elizabeth Arden Pretty, $63; Guerlain's Rouge Jewel Lipstick, $48; CARGO's 7 in 7 kit, $59; Consonant Body Organic soaps, from $12; Marc Jacobs Summer Splashes, $80 each; and Dermalogica Daily Microfoliant, $70.

3 beauty products not to be missed

1 Ole Henriksen 3 Little Wonders Set, $70 at Sephora.

2 Philosophy's Classic Fudge Cake Shower Gel, $21 at Sephora.

3 Foot Beauty Treatment Cream by Clarins, $37/125mL at all Clarins counters.

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Tips to make a single mom's day special

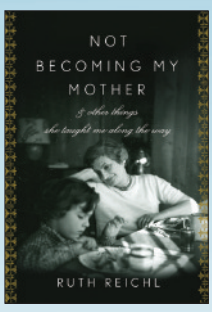
A single mom does the job of two parents — and yet when Mother's Day comes along, there's no partner to nudge the kids into acknowledging her efforts.

"If you're the parent, friend, or sibling of a single mom, you can help make her day special," says Jennifer Kinnon of Hallmark Canada. "Even the smallest gesture will be a big surprise, and one that she'll remember fondly."

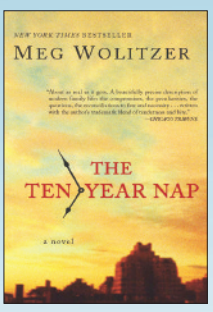
Here are some ideas:

- Pick up a card from the kids to their mom. Cards are a wonderful and affordable way to show mom how much she is loved.
- Bring her a casserole she can throw in the oven after a long day, take her out to brunch, or have a Mother's Day meal at your house.
- Sit down with the kids and help them create something special, such as a coupon book full of chores they can do.
- If the kids are young, they may appreciate your help in arranging a day at the spa or a subscription to mom's favourite magazine.
- Give the single mom what she craves most: Time to herself. It's so rare and so cherished. Volunteer to babysit while she rewards herself for a job well done. She deserves it.

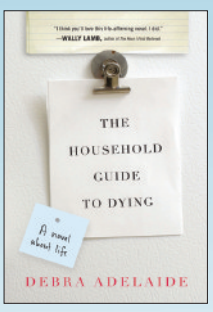
NEWS CANADA



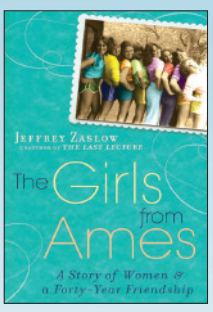
"A masterful portrait of a mother-daughter relationship that will resonate with readers across generations."
—*Publishers Weekly*



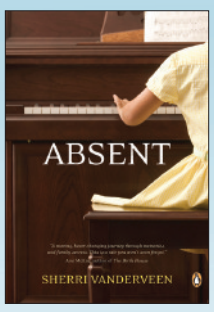
"The ultimate peril is motherhood, loving someone more than you love yourself. Meg Wolitzer nails it with tenderness and wit."
—*O, The Oprah Magazine*



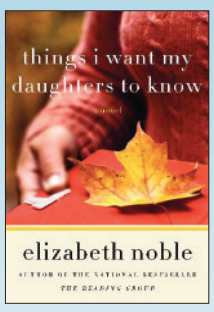
"I think you'll love this life-affirming novel. I did."
—Wally Lamb,
author of *The Hour I First Believed*



A moving tribute to female friendships, with the inspiring story of eleven girls and the ten women they became



"Honest to the core ... a moving, heart-changing journey through memories and family secrets."
—Ami McKay, author of *The Birth House*



This heartfelt novel celebrates family, friends, and the glorious, endless possibilities of life

Perfect Reads for Mom
penguin.ca

ELLE CANADA

ELLE Canada magazine on sale now!
Gwyneth Paltrow's most candid interview yet, only in our May issue!
STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**

Style

Check out the best of Paris—designers, shops, bistros and more—only in our May issue!

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A starring turn

Jill Hennessy enjoys the Lymelife in her first silver-screen breakout role

By **LAURA DECARUFEL**
Senior Editor

Wearing ripped jeans and an Indigo Girls T-shirt, Jill Hennessy used to sit outside Toronto's Bathurst subway station with her guitar and a honey jar half-filled with loose change. "I did a lot of Tracy Chapman, Bob Dylan and Bruce Springsteen," she remembers with a laugh. "I didn't think that acting was going to pan out, to be honest. I'd think 'Who's gonna hire me?'"

Twenty years later, the answer is as clear as the steely-eyed gaze Hennessy adopted to such effect in her most popular TV roles: Claire Kincaid, the assistant DA, on Law & Order, and Dr. Jordan Cavanaugh, a medical examiner with a talent for crime-solving, on Crossing Jordan.

Hennessy's latest star turn is in Lymelife, a movie about adultery, teenage angst and (yes) Lyme disease set in 1970s Long Island. Helmed by first-time director Derick Martini, it boasts an A-list pedigree: actors Alec Baldwin, Cynthia Nixon, Timothy Hutton, Emma Roberts and Kieran and Rory Culkin and executive producer Martin Scorsese.

"It was a huge responsibility and also a joy," she says of her role as the family matriarch. "Kieran and Rory [who play her sons] remind me of my family — I felt like I'd known them for ages." Her husband is played by Alec Baldwin, whom Hennessy calls "one of the funniest people alive." Read more in the May issue of ELLE Canada!

BODY LANGUAGE

If a date with the elliptical has you feeling gloomy, consider Bath & Body Works' Optimism collection — infused with citrus essential oils — for a pre-workout pick-me-up. Post-gym, try Dr. Hauschka's body oils, developed to relax or revitalize the body after physical activity. Birch Arnica relieves sore joints and tense muscles, while Lemon Lemongrass combats cellulite.

Bath & Body Works Aromatherapy Optimism Bright Blossoms Body Wash ($13)

Dr. Hauschka Lemon Lemongrass Body Oil ($26.95)

SEXY NATURAL

High heeling mixes leather, wood and cork

Leather and wood ($150, at Aldo)

PVC, H&M ($45, hm.com)

LeatherMICHAEL Michael Kors ($168, 1-866-733-5677)

PVC and cork, Groove ($63, 514-389-5053)

PVC, Chinese Laundry ($90, 514-272-1919

Leather, Miss Sixty ($259, info@sixty canada.com)

Pleather ($60, at Spring)

ESSENTIAL ELEMENTS

How do you choose the right aromatherapy blend? Go for products that contain pure, plant-based (not synthetic) essential oils, says Danielle Sade, founder of the Healing Fragrances School of Aromatic Sciences. Sprinkle 10 drops of oil in a bath or an essential-oil diffuser. Here's your guide to the most popular uses.

● Need to focus? Lemon and grapefruit will help **improve mental alertness**. ● **Turn a stressful day more Zen** with calming lavender, neroli or ylang-ylang. ● "Citrus scents always put a smile on people's faces," says Sade. **Stop a bad mood** in its tracks with bergamot, mandarin, lime or grapefruit. ● Wish you had more energy? Spearmint, pine and eucalyptus **create a sense of vitality**.

Linden Leaves Aromatherapy Synergy Body Oil in Love Again ($39.80)

The Body Shop Divine Calm Relaxing Massage Oil ($16)

Editors' Pick

CRIMSON TIDE

A lipstick touch-up feels like a covert op with Rouge G de Guerlain. Designed by jeweller Lorenz Bäumer — whom Louis Vuitton also tapped to create baubles for its fall 2009 collection — the sleek *objet* hides a mirrored compact, and the formula boasts ruby powder and wild mango butter for amped-up shine and hydration.

Guerlain Rouge G de Guerlain in Grenade ($48)

POP ART

Hermès' classic SilkyPop transforms from a trim, zippered leather clutch into an elegant bag. Now, the bookish types at Indigolife have come up with a similarly jaunty tote with fashion cred and a more workaday purpose: Their silkscreened foldable tote goes from a pocket clutch to a roomy shopping bag. The hardy canvas tote comes in turquoise, grass green, marine blue and chocolate brown and is sturdy enough to lug a stack of spring reading to the café ($20, at select Chapters and Indigo stores across Canada).

SilkyPop bag ($975, at Hermès boutiques)

New home-care products from J.R. Watkins Apothecary

J.R. Watkins Apothecary has gone natural with its new home-care line. Products include their natural citris tub and tile cleaner, their lemon toilet bowl cleanser and their lavender glass cleaner. See jrwatkins.com for more. METRO NEWS SERVICES

Metro Homes

Think Eco

Home Depot's spring/summer edition of Ecooptions magazine is out and it's full of ecological tips for your garden — such as the new EcoSense line from Scotts. See homedepot.ca for more information. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Home Library

Building a home, outside

BOOKS Home Outside by Julie Moir, Messervy, $38, Taunton, hardcover, 249 pages.

Love the thought of an outdoor room but not quite sure where to start? Using her six-step process, Messervy introduces readers to the same basic ideas used to plan an interior; for example, coming up with a layout that flows, paying attention to detail, and creating focal points and different zones that take into account how you want to use your space. The text is accompanied by striking garden designs, diagrams and photos that will inspire the inner designer in you.

–JENN HOULIHAN

Home Library

Martha's craft encyclopedia

BOOKS Martha Stewart's Encyclopedia of Crafts, $40, Potter Craft, hardcover, 416 pages.

From the doyenne of découpage comes the ultimate how-to reference for those who love crafts. It covers beading, silkscreening, candle making, origami, paper folding and much more. You'll also find colour photos, more than 200 projects, and the best crafts from Martha Stewart Living, as well as a large selection of templates. –JENN HOULIHAN

Bar basics

Serve up swanky drinks at your next soirée with a well-stocked bar. But, please, no juggling à la Tom Cruise in Cocktail on your first go!
–Produced by Jenn Houlihan

glassware
- Martini (for its namesake and other fruity concoctions)
- Highball (for mixed drinks, sodas or beer)
- Tumbler (for single-spirit drinks served on the rocks)
- Wine (narrow bowl for white and wider for red)

accessories
- Jiggers
- Cocktail shaker and strainer
- Stirrers
- Corkscrew and bottle opener
- Zester
- Muddler (mojitos, anyone?)
- Ice bucket and tongs
- Small knife and cutting board (for fruit)
- Manual juicer
- Blender (to make drinks worthy of paper umbrellas)
- Napkins and a few tea towels (to mop up spills)

alcohol
- Vodka (the base for many mixed drinks)
- Gin (it was good enough for the Queen Mum!)
- White rum
- Tequila
- Red and white wine
- Champagne (who needs an occasion to celebrate?)
- Beer

mixers
- Tonic and soda water
- Cola
- Ginger ale
- Juices (orange, pomegranate, grapefruit, cranberry, Clamato)

garnishes
- Olives
- Cherries
- Celery
- Mint leaves
- Sugar (for rimming)
- Lemons and limes

Remember, if you serve guests alcohol, you're responsible for them even after they leave. Always have designated drivers, and if anyone overindulges, offer the pullout or call a cab.

MICHAEL GRAYDON PHOTO

Items here include: Cocktail shaker $25; Felix martini glasses $10 each; Quadro glass vase (holding leaves) $33; jigger, tongs, bottle opener, strainer and stand $60 per set (includes spoon and ice bucket, not shown); Crate and Barrel (crateandbarrel.ca). Kate Spade for Lenox Noel crystal ice bucket (holding fruit) $208; Alessi stainless steel tray $151; William Ashley (williamashley.com).

Decor

Read more in the June issue of STYLE AT HOME magazine.
ON SALE NOW! styleathome.com | CANADA'S styleathome

Real estate market has shifted yet again — move quickly

HouseLeague

Ups and downs are common in all real estate markets, but after an extended and substantial increase in B.C. housing prices, we have now gotten used to the idea that the market has plummeted in the wake of the recession.

Well, if you are a seller, you will be happy to know that the market has shifted once again. If you are a buyer, move quickly.

After a scary winter we are starting to see the resurgence of the multiple offer. If you are a seller, remember that most buyers will be finding listings online and not in print. Ensure that your property is posted on the Multiple Listing Service and any other website your realtor may have access too. Vancouver is an internationally recognized city and you will need to ensure that your advertising campaign is geared to and targets buyers from outside countries.

If you are a buyer this means you need to have a real estate professional working on your behalf. Competing against other buyers for a property is a tricky task and requires a professional to navigate through making the initial offer, to dealing with all counter offers. Remember, the seller will have someone working for them.

Whether you are a buyer or seller, it is important to note that it is still considered an unstable market. With the economy still in a slump, and with the Olympics on their way, there is no way to guarantee whether the market will continue to rise, or whether it will plateau. At any rate, take advantage of the low prices if you are buyer and the chance at multiple offers if you are a seller. It is once again a great market for all.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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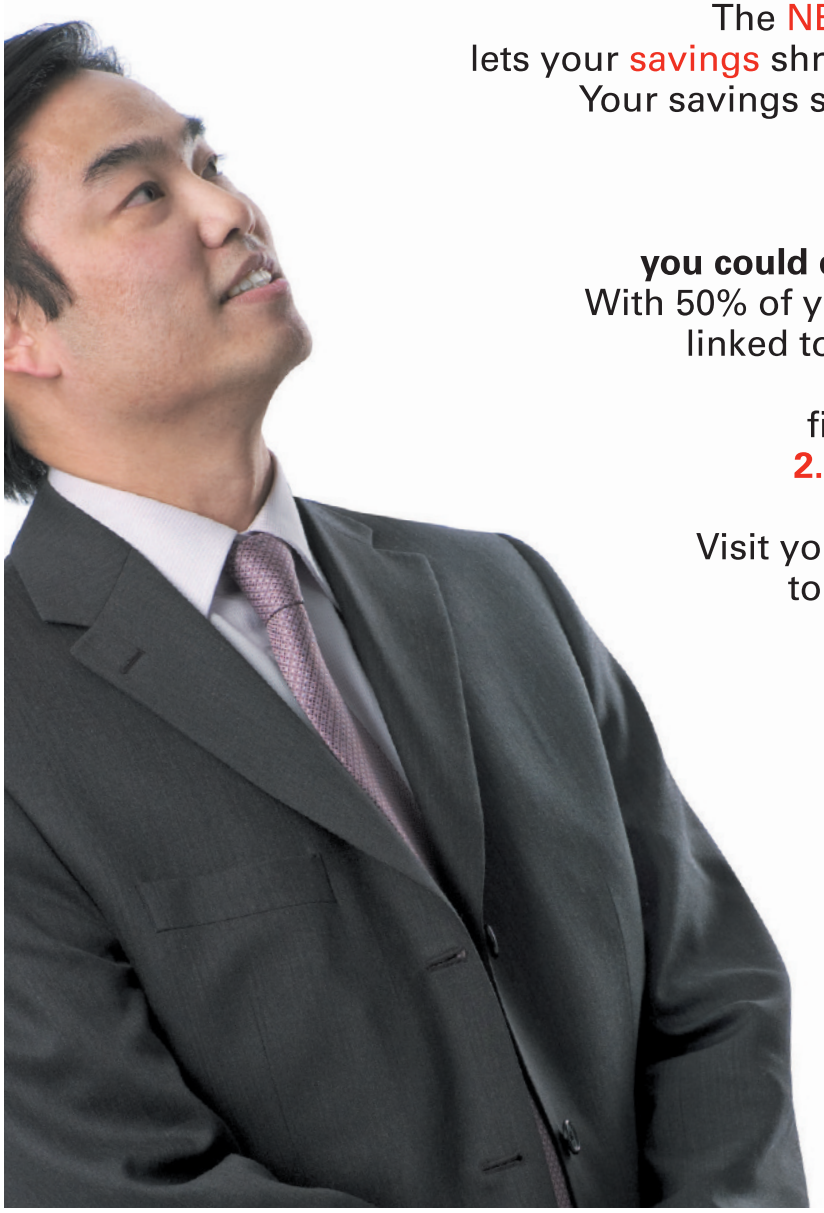

The NEW HSBC Smart Savers Mortgage lets your savings shrink the interest on your mortgage. Your savings save you money and you could be mortgage-free sooner.

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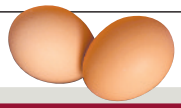
Terms and conditions apply. Interest rates are expressed on a per annum basis and are subject to change without notice. These offers are valid for Personal customers only. For full details on terms and conditions, and to confirm the most recent rates, visit your local HSBC branch or hsbc.ca/smart *Up to 8 deposit accounts can be linked to your HSBC Smart Savers Mortgage. The maximum Average Deposit Balance that will be applied against your Mortgage Balance each month to calculate your interest rate is the equivalent of 50% of your outstanding Mortgage Balance. ** APR (Annual Percentage Rate) calculation assumes no fees will be charged.



Egg head

Choline, a substance found in egg yolks, stimulates brain development and function and has been recognized as an essential nutrient by Health Canada. Two large eggs provide an adult with the recommended daily intake of choline. METRO NEWS SERVICES

Food

Look for small- to medium-sized lemons. They have a thinner skin and are juicier than large ones. Choose plump and brightly coloured lemons that are heavy for their size.

BARB HOLLAND/FOR METRO CANADA

Pass on green

Avoid lemons tinted with green as they will be tart with less flavour.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Lemon sunshine for Mom

À la carte

Barb Holland

metronews.ca/alacarte

Not all desserts have to be rich. Inspire your family and treat mom this Mother's Day with a light, luscious, healthy dessert (no, that's not an oxymoron). This baked lemon pudding is just one recipe from a new booklet from the Egg Farmers of Canada. The other recipes include a Fruit Bliss, Toffee Meringue Kisses, a Vanilla Cream Delight and Heavenly Baked Alaska. More recipes are available at bcegg.com.

Treat your mom with a light lemon pudding — recipe courtesy of the Egg Farmers of Canada.

Lemon Pudding Paradise

Lemon is one of my favourite flavours when it comes to desserts — light and refreshing for a perfect ending to a meal. This pudding cake (a light cake on top of a lemony custard) can be served warm or cold, so it can be made ahead. Makes 4 servings.

INGREDIENTS:

- 3 eggs, separated
- 1/2 cup (125 ml) sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch salt
- 2 tsp (10 ml) grated lemon zest
- 1/4 cup (60 ml) fresh lemon juice (2 lemons)
- 1 tbsp (15 ml) butter, melted
- 3/4 cup (175 ml) milk
- Icing sugar, optional

METHOD:

Preheat oven to 350°F (180°C). Butter a 4 cup (1 L) baking dish.

Beat egg whites in a large bowl until stiff but not dry.

In a separate bowl, stir together sugar, flour and salt. Whisk in lemon zest, lemon juice, butter, milk and egg yolks. Gently fold whipped whites into lemon mixture. Pour into baking dish. Place baking dish in a shallow pan of hot water so that the water rises 1 inch (2.5 cm) up the sides of the baking dish. Bake until top is lightly browned, about 30 to 40 minutes. Serve warm or cold.

Serve with a dusting of icing sugar, if desired.

Tips:

- Keep it fresh — eggs should be stored in their original carton. This will protect them and prevent them from absorbing strong odours from other foods in the refrigerator. Store eggs in the main body of the refrigerator to ensure they are kept at a consistent and cool temperature.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Looking for the good life? Rocco shares his secret

SunnySide

COOKBOOK These days, does it seem like all news is bad news? Metro borrowed the following edited excerpt and recipe from David Rocco's latest book Dolce Vita (HarperCollins) to breathe a little fresh air into your life. The good life.

Dolce Vita

Literally translated, dolce vita means "sweet life." Life has its ups and downs, but I believe you can find a little dolce vita even on the worst days.

To me, dolce vita has nothing to do with money or social status or possessions. It's about being present in those moments in life that bring you joy. It's a sip of perfect espresso in the morning. It's the patina of a rugged old kitchen table that has seen a thousand family dinners. It's a nod hello to a stranger as you struggle down the street in the morning to catch the bus.

Dolce vita is linked to food, cooking and family. I remember waking up on Sunday mornings and hearing my mom in the kitchen, with the radio tuned to an Italian station. I'd sneak into the kitchen, and she'd pretend not to notice as I ripped a piece of bread from the fresh loaf on the counter and dipped it into the tomato sauce gently bubbling away on the stove. Then I'd head to the den and sit down with my dad to watch some soccer. The air would be rich with the smell of his espresso, and I'd get a little poured into my glass of warm milk.

There's no perfume that smells as sweet to me as Sunday morning in the Rocco household.

That's dolce vita!

Brutti Ma Buoni (Ugly but Good)

These cookies aren't really ugly, but they're definitely good and easy to make. The name comes from the fact that they don't have a regular cookie shape.

These cookies aren't really ugly, but they're definitely good and easy to make, says TV host and cookbook author David Rocco.

These are native to Tuscany and were invented to use up egg whites, because so many Tuscan dishes call for the yolk. This is a very forgiving cookie recipe in that a little extra of an ingredient won't sabotage it. Makes 24 cookies.

INGREDIENTS:

- 6 egg whites
- 1 cup (250 ml) toasted almonds, coarsely chopped
- 1 cup (250 ml) toasted hazelnuts, coarsely chopped
- 3/4 cup (175 ml) sugar
- 1 tbsp (15 ml) all-purpose flour, plus extra for dusting
- 1 tbsp (15 ml) cocoa powder
- 1 tbsp (15 ml) amaretto
- 1 1/2 tsp (7 ml) vanilla extract
- Butter, for greasing cookie sheet

METHOD:

Put the egg whites in a bowl and beat them until they get very airy and form nice white peaks. It's important that the peaks not break, so don't overbeat them. The airiness gives the cookie its light texture, so don't dump in your other ingredients. Instead, sprinkle in the almonds, hazelnuts, sugar, flour, cocoa powder, amaretto and vanilla. Now gently, gently fold everything together.

Grease a cookie tray with some butter, dust it with a little flour and then use a spoon to drop the dough onto the tray in little blobs, leaving approximately 1 inch (2.5 cm) between each one.

Bake for 20 to 30 minutes or until golden and firm to the touch. If you like chewier cookies, underbake them slightly. Remove them from the oven and transfer them to a wire rack. Let them rest for 30 minutes or until cooled.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Chile chillin'

I just got back from South America and boy is my palate tired. Two weeks of sniffing and spitting some of the best liquid Chilean and Argentinean wine makers can muster certainly takes its toll.

Of the two countries, Chile offered the most surprises. Long considered an excellent table wine producer many consumers are still unaware of the value that can be had if they just drink past the bulk.

The wines from Santa Rita and Carmen are great examples that over-deliver in the glass. Located next door to each other the sister wineries are two of the Maipo Valley's best. Santa Rita was kind enough to arrange for a short earthquake (a 5.0 on the Richter scale) which, when combined with some classy vino, made for a memorable visit.

Their beef-friendly **2005 Medalla Real Cabernet Sauvignon ($19.95 - $25.99)** was a standout. Cabernet is Chile's flagship grape and this version is layered with earthy black fruit, ripe tannins and chewy vanilla oak.

For a match with fresh white fish (a Chilean favourite) try **Carmen's 2008 Sauvignon Blanc ($10.90 - $13.99)**. Clean, crisp and lightly fruity, it's representative of the modern personality that is becoming the hallmark of Chilean wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Let's go to the Expo
EPIC, the Sustainable Living Expo, starts tomorrow at the NEW Vancouver Convention Centre (999 Waterfront Place). Don't miss the cooking stage for tips on canning, organic cocktails, local coffee and more. epicvancouver.com. METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Authentic Thai meets West Coast

ANYA LEVYKH
anya.levykh@gmail.com

Charm Modern Thai & Bar
1269 Hamilton St.
Vancouver
604-688-9339
charmmodernthai.com

Signature Drink:
Bangkok Mojito
Signature Dish:
Choo-Chee Sablefish
Rating: ●●●●

Dinner & drinks for 2: $88

It's only been open a few months, but on my first visit, I felt I was seeing an old friend. Comfortable, cozy and chic, the main room at Charm Modern Thai is a red lounge with banquettes and a big square bar. Part Bangkok speakeasy, part upscale eatery, it's a wholly perfect fit for Yaletown's casual urbanites.

The menu — carefully executed by Chef Tipnari Kulriwanich — favours classic Thai fare, but with some nice local twists. Duck confit spring rolls ($9) were light on grease and big on flavour. Lovely green papaya salad ($12) was artfully served in butter lettuce cups and well-seasoned. Mildly spicy ahi tuna sashimi ($12) came topped with an intensely fresh mint and lemongrass salsa. Sablefish in kaffir lime leaf and red curry reduction ($19) was the hands down favourite of the evening. Pineapple braised beef short ribs in red curry ($17) were moist, tender and flavourful, albeit slightly over-sweet.

Dessert saw a chocolate chili tort ($4.50) that was the last word in dark, rich, sin-liciousness, but the accompanying deep-fried wonton wafers were at odds with their chocolate and plum sauce drizzle. The right frying oil here would make all the difference. The vanilla bean tapioca pudding ($4.50), however, was divine.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER
Seared sablefish in kaffir lime leaf and red curry reduction.

The Perfect Picnic Wine

Wondering what to put in your wicker basket this summer? Try Hardy's Stamp of Australia Chardonnay-Semillon 2007 or Shiraz-Cabernet Sauvignon 2008. Both are available in the new "Shuttle" packaging, which features a 250 ml single-serve acrylic wine bottle sealed by its own acrylic wine glass. Just pop and pour. Available starting June 2009. BCLS $4.29 each.

Dining out

MOTHER'S DAY DEAL ONE
Elixir Restaurant (350 Davie St.) is offering a special Mother's Day brunch menu for $29.50 (two courses) or $36.50 (three courses). Try French toast with cherry and white chocolate butter, warm pretzels with Toulouse sausage, Pavlova with passion fruit curd, and much more. Call 604-642-0557.

MOTHER'S DAY DEAL TWO
For a more casual experience, check out The Smoking Dog Bistro (1889 West 1 Ave.) for their Mother's Day brunch. Try the Crème Brulée French toast, pancakes with vanilla rum butter or the classic Kitsilano Runner's Breakfast. Call 604-732-8811 or visit thesmokingdog.com for details.

In brief

CAMPAGNOLO Restaurant (1020 Main St.) has been named one of the world's 50 best new restaurants by Conde Nast Traveler.

CHOCOLATE for the Cure: For the month of May, Mink A Chocolate Café (863 West Hastings St.) is donating all tips to the Leukemia and Lymphoma Society of BC. ANYA LEVYKH/FOR METRO VANCOUVER

ADVERTISING FEATURE

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Jon & Kate dad faces more accusations of affair

In the new issue of Us Weekly, five people close to the situation — including two relatives of the other woman — confirm that Jon & Kate Plus 8 dad Jon Gosselin, 32, has been having an affair with third grade school teacher Deanna Hummel. USMAGAZINE.COM

Entertainment

Farrah's Story

Farrah Fawcett's cancer battle is to be the subject of a TV news special. Her two-year fight has been captured on video and now the footage will make up a two-hour special, called Farrah's Story. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

UNIVERSAL MUSIC PHOTO

Def Leppard

Def Leppard rocking with reissues, tour

MUSIC Def Leppard, the pop metal band that debuted in 1980 and which has sold more than 65 million albums worldwide, will release deluxe editions of two of its classic albums — 1983's Pyromania and 1992's Adrenalize — on June 23.

Both double-disc sets will feature previously unreleased material including B sides, demos and live recordings.

"Adrenalize was No. 1 the week of the L.A. riots," Leppard guitarist Phil Collen recalled in an interview with Billboard.com. "I know it was the '90s, but it really was the end of the '80s. You had this whole new genre — Nirvana and the grunge thing — which I loved when it really shook everything up. But we got lumped into the '80s hair metal bands."

The band is set to embark on a 40-city summer tour with Poison and Cheap Trick starting June 23. Before the tour, Def Leppard will make a live TV appearance June 16 on the CMT Music Awards. The band made the first-ballot nominations in three CMT categories. REUTERS

Relentless return to rock

New band helps Ben Harper take fresh approach to rootsy electric sound

Ben Harper and Relentless7

Album: White Lies for Dark Times **Label:** Virgin/EMI
Rating: ⊕⊕⊕⊕

GUITARIST BEN HARPER has delivered so much consistently fine music over the past 15 years that it's easy to take him for granted. We shouldn't. He's too good for that. On this latest project, Harper finds fresh approaches to his rootsy electric explorations with the help of a new band, a bass, guitar and drums trio he's dubbed Relentless7. With the help of co-producer Danny Kalb (founder of '60s seminal band The Blues Project), Harper gives us 11 original tracks that showcase his delicate guitar work and pleading vocal style. Despite the bleak lyrical passages, there is an upbeat underpinning to the tracks that owes as much to the Celtic funk influences of Richard Thompson and John Martyn as it does to the southern jazz/blues rock of the Allman Brothers. Give this one a careful listen.

Graham Rockingham/for Metro Canada

Pink Mountaintops

Album: Outside Love
Label: Jagjaguwar
Rating: ⊕⊕⊕

VANCOUVER'S STEPHEN MCBEAN has earned major points recently with his stoner rock band Black Mountain, a Deep Purplish throwback to the early '70s. Pink Mountaintops is an eclectic side project that allows McBean and a motley collective of indie roots rockers to test more ambitious waters. McBean sets the tone on the opening track, Axis: Thrones of Love, with its crackling Phil Spector-style "wall-of-sound." It's a noble attempt but comes off almost as a novelty track rather than a scene setter for the vein-opening, love-death-rebirth opera of vampiric romance that follows. But lyrics like "no light of the sun could suck out the life of my love," at times leave us looking for relief in the next Black Mountain CD.

Graham Rockingham/for Metro Canada

EMI MUSIC PHOTO

On his latest album, White Lies for Dark Times, Ben Harper — with the help of new band Relentless7 — serves up 11 original tracks that showcase his delicate guitar work and pleading vocal style.

Bif Naked

Album: The Promise
Label: HRM Records
Rating: ⊕⊕½

THE PROMISE STARTS out with anger and rage on the standout tracks Crash And Burn and Sick. It's what you'd expect from an album recorded while the singer was undergoing chemotherapy for breast cancer. Those two opening songs put a fitting edge to Bif Naked's tried and true formula of guitar-powered punk-pop. But the album takes a dive on the third track, an unfortunate bit of cliche-ridden radio fluff called Bluejay that can't unsnag its way out of its "fly-away-from-me" trap. Bif is best when she's flashing the attitude, but it seems staged on F*** You 2. There are plenty of worthy moments on this album, but at times it all seems a little too contrived.

Graham Rockingham/for Metro Canada

Pilot Speed

Album: Wooden Bones
Label: MapleMusic/Universal
Rating: ⊕⊕⊕

SINCE FORMING IN 2000 as Pilate, Toronto's Pilot Speed (the group changed its moniker three years ago) has always straddled the line between overwrought Coldplay-isms and down to earth indie pop. On this effort, the foursome delivers an infectious, but somewhat unbalanced song set. Wooden Bones' opener, Put The Phone Down, is a solid track of mid-'90s Canrock-meets-Snow Patrol, but Bluff is an airy, emotive piano tune. The guys are headed in the right direction, but they need to steer even further away from the cheese if they want to make their mark.

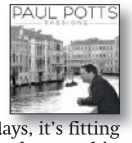
Bryan Borzykowski/for Metro Canada

MusicReviews

music@metronews.ca

Paul Potts

Album: Passione
Label: Sony Music
Rating: ⊕⊕⊕



WITH BRITAIN'S GOT Talent sensation Susan Boyle all over the place these days, it's fitting that another down-on-his-luck amateur singer, who made it big on BGT, has a new disc to promote. Paul Potts, once a manager at Carphone Warehouse, is now an operatic sensation. His debut, One Chance, topped the charts in a number of countries, and his new effort should do the same. It's filled with soaring Italian classics, backed by the Czech National Symphony Orchestra. If easy-on-the-ears opera is your thing, sung by a seriously talented reality TV star, then this disc is a sure bet.

Bryan Borzykowski/for Metro Canada

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Reynolds' Deadpool going solo
Ryan Reynolds will soon have the entire screen to himself to show off those biceps. His Deadpool character from X-Men Origins: Wolverine is being developed for a spin-off star vehicle, trade papers report. **PEOPLE.COM**

A popcorn enterprise

Star Trek

Director: J.J. Abrams
Stars: Chris Pine, Zachary Quinto
Classification: PG
Rating: ⊕⊕⊕⊕

NED EHRBAR
Metro World News

Chris Pine, right, and Zachary Quinto star as Kirk and Spock in the rebooted version of Star Trek.

After last week's dour X-Men Origins: Wolverine, the summer movie season really gets going with the bombastic reboot of Star Trek. Director J.J. Abrams has taken a franchise that's spawned 10 feature films (and one inspired parody, Galaxy Quest) and made it new again.

In what could easily have been Star Trek: The College Years, the film brings together the crew of the USS Enterprise for their maiden voyage to do battle with a black hole-building Romulan with a chip on his shoulder (Eric Bana, with Mike Tyson-like face tattoos).

In the midst of the crisis, the filmmakers reinvigorate well-worn heroes Kirk (Chris Pine) and Spock (Zachary Quinto) by sprinkling on liberal amounts of daddy issues — the same that make up much of the personal drama on Abrams and producer Damon Lindelof's Lost.

But clever plotting aside, it's the interactions of the young crewmembers that keep the picture humming.

It helps that Kirk and Spock spend much of the movie barely tolerating each other, something that makes sense given their temperaments. And it makes the development of their famous friendship that much more interesting. But Karl Urban delightfully steals all of his scenes as medical officer (Bones) McCoy, and not just because he gets all the classic lines.

There are some missteps, to be sure, like the bizarre stunt-casting of Tyler Perry as the head of Starfleet or the decision to give Simon Pegg's Scotty an adorable, pint-size alien sidekick (something out of George Lucas' playbook). But they're not nearly enough to sink an otherwise stellar popcorn movie.

After recent downers like The Dark Knight and Watchmen, it's refreshing to see a big-budget expression of giddy adventure.

On the web

- For Star Trek photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Star Trek Thursday screen times

- Oakridge: 7:15-10:15
- Scotiabank Theatre: 7-7:30-8-10-10:30-11
- Esplanade 6: 7-7:20-10-10:15
- Richmond Centre 6: 7
- SilverCity Riverport: 7-7:25-7:45-10-10:30-10:45
- Dolphin Cinemas: 7-9:30
- SilverCity Metropolis: 7:15-7:30-10:15-10:30
- SilverCity Coquitlam: 7-7:20-7:50-8:30-9:50-10:15-10:40
- Strawberry Hill Grande: 7:10-7:30-10:10-10:30
- Studio 12 Guildford: 7-7:30-10-10:30

Times are subject to change. Complete listings are also available at metronews.ca/movies

Kenya's**Style**

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

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Entertainment in brief

FILM The success of books and films like The Da Vinci Code and Angels & Demons should make the Catholic Church rethink the way it uses the media to present itself, the Vatican newspaper said yesterday. L'Osservatore Romano, ran two editorials on last Monday's premiere of Angels & Demons in Rome. **REUTERS**

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critics' corner

Eastern Promises
Not for the squeamish, this 2007 drama directed by David Cronenberg ("The Fly," "Crash") casts Naomi Watts as a London midwife searching for the extended family of an orphaned newborn she delivered. Her quest takes her into the violent world of the Russian mob. Viggo Mortensen, Armin Mueller-Stahl and Vincent Cassel also star. 5:45 PM on CEN

Michael J. Fox: Adventures of an Incurable Optimist
Four-time Emmy winner Michael J. Fox had every reason to become bitter and pessimistic after his career was derailed by Parkinson's disease, but instead he has channeled his energy into being an activist for optimism. In this upbeat one-hour special, the actor travels the globe to talk to people, both famous and not, about the enduring strength of hope. 10:02 PM on ABC VI

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/7/09	251	308	3 CBC	NHL Hockey: Conf. Semifinal		News (N)	TBA	To Be Announced		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	10 Items-Less	Miley Cyrus (CC)		Party Monsters: Cabo (N)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		Southland "Two Gangs" (N)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Injustice" (N)		Supernatural (N) (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office (N)	Kink in Hair	(:01) Harper's Island (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Old Christine	Old Christine	America's Next Top Model		Michael J. Fox: Optimist		News (N)
	253	359	13 CITY	Law & Order (CC)		Ugly Betty "The Born Identity"		Parks-Recreat	(:31) 30 Rock	Hell's Kitchen (N) (PA) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Injustice" (N)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Parks-Recreat	The Office (N)	(:31) 30 Rock	Southland "Two Gangs" (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "The Born Identity"		Grey's Anatomy (N) (CC)		Michael J. Fox: Optimist		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Karate Kid II ★★ (1986, Action) Ralph Macchio, Martin Kove.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin "Erotomania"		Richard Bangs' Adventures		As Time Goes By Reunion Special (CC)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		Hell's Kitchen (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	26 PBS	MI-5 "Legitimate Targets"		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	24 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	66 TLA	Two/Half Men	Two/Half Men	Smallville "Injustice" (N)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	68 STR	News (N)	News		Late Show-Letterman		Janice Dickinson Modeling		Late Late Show	
news	502	390	28 NW	CBC News: The National (N)		CBC News: The National		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Toronto Blue Jays at Los Angeles Angels of Anaheim. (Subject to Blackout)						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	NHL Hockey: Western Conference Semifinal Game 4 -- Red Wings at Ducks					SportsCentre (Live) (CC)		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun		Wrecked
	416	409	144 GLF	Extra Time		Gol TV News	Extra Time		Gol TV News	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life "The Circus"		Falcon Beach "Lost" (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Beetlejuice ★★★ (1988) Michael Keaton, Alec Baldwin. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin (CC)	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	The Treasure (CC)		Art	Heaven-Earth	Many Faces of Arnaud Maggs		Gold Mountain
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchTopTens (CC)		One Tree Hill (CC)		Daddy's Girls	Degrassi: TNG	Technical Diff.	Technical Diff.	Spotlight
	600	564	43 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	61 A&E	The First 48 (CC)		The First 48 After the arrest.		The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	62 SPKE	(6:00) TNA Wrestling (N)		Pros vs. Joes: All Stars (CC)		Mocap LLC	GameTrailers	MANswers	Beavis-Butt.	MXC (CC)
	521	560	64 TLC	Heli-Loggers (N) (CC)		American Chopper (CC)		Heli-Loggers (CC)		American Chopper (CC)		Overhaulin'
	616	522	63 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Star Trek Generations ★★ (1994) (CC)		
	620	523	70 BVO	(6:00) These Girls ★★ (2005)		Law & Order "Gunplay" (CC)		Without a Trace (CC)		These Girls ★★ (2005) Caroline Dhavernas.		
	601	562	41 SLC	X-Weighted "Binge Buddies"		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	MythBusters "Alcohol Myths"		Daily Planet (CC)		How William Shatner Changed the World (CC)				MythBusters
	522	506	44 HIS	NCIS "Judgment Day" (CC)		Ancient Discoveries (CC)		Go Deep "Beaufighters"		NCIS "Judgment Day" (CC)		Marine Mach.
	627	528	45 SPC	Star Trek	The Circuit	Stargate SG-1 "Allegiance"		Star Trek: Next Gener.		Star Trek: Nemesis ★★ (2002) (CC)		
	294	650	47 TBS	Road Trip ★★ (2000, Comedy) Seann William Scott. (CC)				Sex and-City	Sex and-City	(:10) Road Trip ★★ (2000, Comedy) (CC)		
	619	525	48 TROP	Vanity	Inside Hollywood (CC)		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	69 FN	Ace of Cakes (CC)		Chef Abroad	David Rocco	Unwrapped	Unwrapped	Chef Jeff Project (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	320	621	30 CEN	East Prom	Tracey Ullman	Berlin ★★★ (2007) Premiere. (CC)			(:45) Reign Over Me ★★★ (2007) Adam Sandler. (CC)			
	581	566	101 MTV	Taking the Stage (CC)			After	The Hills	After Show	Taking the Stage (CC)		
	261	394	102 V	Adventures of Robin Hood		Poltergeist: The Legacy		The Adventures of Robin Hood ★★★★ (1938) Errol Flynn.				Paid Program
	-	-	105 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

Paula pulls painkiller about face

Paula Abdul, who recently denied ever taking prescription painkillers on ABC's Nightline, opens up about her past drug use to Ladies' Home Journal. "I could have killed myself," the American Idol judge says about the extent of her painkiller abuse. METRO WORLD NEWS

Celebrity Buzz

Lindsay's bad influence on Ali

SISTER, SISTER Lindsay Lohan has been flirting dangerously with her past partying ways since her split from Samantha Ronson, and now it looks like she might be taking her sister, Ali Lohan, down with her.

Lindsay has reportedly been bringing Ali with her to parties around L.A., including a recent bash at the Roosevelt Hotel, where Lindsay was wary of photographers.

"Lindsay was definitely in party mode, but didn't want anyone seeing her drink," a source tells Page Six. Lindsay also recently brought 15-year-old Ali to 21-and-over club MyHouse, where the manager had to ask her to leave twice before she was escorted out.

GETTY IMAGES

METRO WORLD NEWS

Fiddy is Gossip Girl's No. 1 fan?

CELEBRITY FAN 50 Cent watched Gossip Girl to prepare for his new movie role, femalefirst.co.uk reports.

The rapper — real name Curtis Jackson — tuned into several episodes of the teen drama because he is set to appear with its star Chace Crawford in forthcoming movie drug drama Twelve.

He said: "I got a chance to see it. It's cool just to be in the presence of talented artists."

METRO NEWS SERVICES

Give me the kid, or else?

EXACTING REVENGE? Celebrity status may not let Madonna bag herself a new child, but she's launching a campaign to help single mothers adopt children from foreign countries, femalefirst.co.uk reports.

The website adds it seemed a "little bit threatening" when Madge said she'll only launch the campaign if Malawi officials block her bid to take home three-year-old Mercy James.

The pop star tried to adopt Mercy last month but her bid was turned down on the grounds that prospective parents have to be residents for 18 to 24 months prior to adoption.

Madonna, who previously adopted son David from Malawi in 2006, appealed the ruling and now her lawyers are preparing to fight for their client's right to adopt in the African nation.

A source tells The Sun newspaper, "If she fails on the grounds of her divorce she will be absolutely livid. She is already talking about starting a campaign for single moms to be allowed to adopt the world over."

METRO NEWS SERVICES

Do as I say, not as I do: Palin

SET AN EXAMPLE Bristol Palin promoted sexual abstinence for her fellow teens in appearances Wednesday on ABC's Good Morning America and NBC's Today — prompting interviewers to question how she can preach something she obviously didn't practice, people.com reports.

While declining to discuss what methods of birth control she might have used, Palin, 18, told ABC's Christopher Cuomo, "Regardless of what I did personally, I just think that abstinence is the only ... 100 per cent foolproof way to prevent pregnancy." She also acknowledged that abstinence is "difficult."

To NBC's Matt Lauer, who asked what message she was sending teens by talking about not having babies while she was holding her sleeping son, Tripp, in her arms, Palin said, "I'm just here trying to tell teens this is a really hard job."

The TV appearances were keyed to Palin's new role as the Candie's Foundation's teen ambassador for a campaign to raise awareness about the consequences of teen pregnancy.

When asked about claims her family would not allow Palin's former fiancé and father of her child, Levi Johnston, to be alone with his son, Palin shied away from talking about her "personal life" but did say, "I'd love Levi to be part of (Tripp's) life."

METRO NEWS SERVICES

Sherlock Holmes no prim Englishman

CREATIVE LICENSE Jude Law thinks filthy language, homoerotic overtones and bare-knuckle fighting are "quintessential parts" of Sherlock Holmes, femalefirst.co.uk reports.

The 36-year-old actor — who plays Holmes' faithful sidekick Dr. Watson in Guy Ritchie's new adaptation of the classic detective tale — doesn't think Hollywood writers sexed up the script.

He said: "The physicality, the bare-knuckle fighting, the martial arts are all hinted at in the books. We just hold a magnifying glass over them.

"A word that author Arthur Conan Doyle uses an awful lot is apprehended. As in, 'Holmes and Watson apprehend the villain.' We get to show the apprehension."

METRO NEWS SERVICES

Volturi hit Vancouver

FAN-DEMONIUM Look out, trouble is in town. The Volturi (a vampire clan in the book) cast of New Moon has swooped into Vancouver to start shooting scenes in the highly anticipated Twilight sequel, people.com reports.

Dakota Fanning, who is set to play Jane, a sinister vampire with an angelic exterior, arrived Tuesday. Immediately thrust into the fan-demonium, she happily signed photos and posed for pictures outside her hotel before doing some sightseeing and grabbing a bite to eat.

Michael Sheen (Aro) and Jamie Campbell-Bower (Caius) arrived a couple hours earlier, and the evil immortals had costume fittings all day.

In Vancouver to film their interior scenes — they'll be shooting exteriors in Italy later this month — the trio are staying at the same hotel as co-star Kristen Stewart and Selena Gomez, who is there shooting Beezus and Ramona.

METRO NEWS SERVICES

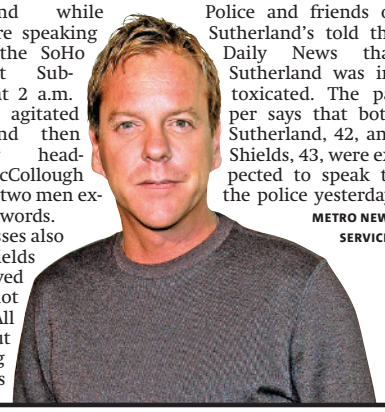
Kiefer gets rowdy

BAD BEHAVIOUR Kiefer Sutherland rose to Brooke Shields' defence Tuesday morning in downtown Manhattan — though she didn't particularly request it, and the interloper allegedly suffered a broken nose from the 24 star, according to reports.

New York's Daily News reports that Proenza Schouler womenswear designer Jack McCollough — a friend of Shields' — interrupted her and Sutherland while they were speaking outside the SoHo nightspot Sub-Mercer at 2 a.m. An agitated Sutherland then allegedly headbutted McCollough after the two men exchanged words.

Witnesses also say Shields was shoved but not hurt. All were out following the Met's Costume Institute Gala. A rep for Shields said, "Nothing happened to her ... Jack did nothing inappropriate. It's not clear what caused Kiefer to do what he did," the rep told tmz.com.

McCollough told authorities that Sutherland "was drunk and obnoxious and wouldn't back down or be logical," and that the actor "pulled this stupid wrestling move like a teenager" before the headbutt.



Police and friends of Sutherland's told the Daily News that Sutherland was intoxicated. The paper says that both Sutherland, 42, and Shields, 43, were expected to speak to the police yesterday.

METRO NEWS SERVICES

The Weather Network 20 YEARS
TWN incorporates MSC data
Today Partly cloudy 13° / 9°
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Saturday Sunny 15° / 7°
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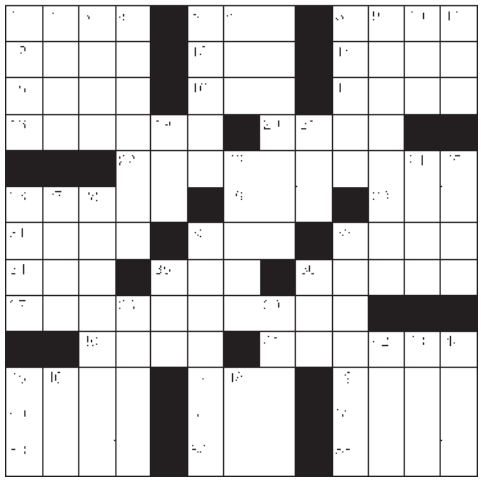
Take Five



Crossword across

1 Dogfight participants
5 Energy
8 In the neighborhood
12 Ancient mariner
13 Courtroom pseudonym
14 Wheelbase terminus
15 Houston acronym
16 Joined at the hip
17 Couple, in a gossip column
18 Crowd scene actors
20 Sport
22 Pseudo-claimants to the throne
26 Diamond side
29 Scarlet
30 Wrestling surface
31 Black, to Browning?
32 Gravy, on a French menu
33 Challenge
34 Announcer Pardo
35 Payable
36 Tend the turkey
37 Larry King trademark
40 Sty cry
41 Inventor's insurance
45 Walk unevenly
47 Id counterpart
49 Largest of the seven
50 Wile E.'s supplier
51 Wage earner's burden
52 Poolroom prop
53 Honey bunch?
54 Bond, for one
55 Fist (Sl.)

Crossword down

1 Hathaway or Heche
2 Wheedle
3 Right on the map?
4 Hone
5 Everyday writing
6 A billion years
7 Diminutive ones
8 Water nymph
9 Maximums
10 Pub order
11 Sleep phenom
19 Illustrations
21 Remnant
23 Aligned
24 Huck's transport
25 Eyelid woe
26 Govt. workers
27 "— ben Adhem"
28 Clear soup
32 Politicos' trips
33 Treacherous one
35 Lair
36 Support of a sort
38 They're calling Danny Boy
39 Strong adhesive
42 Birthright barterer
43 Shaving mishap
44 Snatch
45 Retriever type
46 Lemieux milieu
48 Diastema

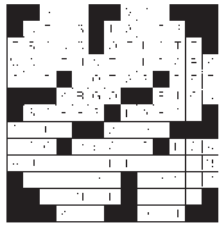
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3			6		5			4
		6			3			
				8			9	
9	7			5				1
		1	4		8	7		
8				7			3	2
	1			2				
			3			9		
2			5		7			6

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	7	9	5	4	8	6	3	2
3	2	8	6	1	7	5	4	9
5	4	6	9	3	2	7	8	1
9	5	7	8	6	3	1	2	4
4	8	2	7	9	1	3	6	5
6	3	1	2	5	4	9	7	8
7	9	3	4	2	5	8	1	6
2	1	5	3	8	6	4	9	7
8	6	4	1	7	9	2	5	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Bulgur Salad

INGREDIENTS:
3/4 cup (175 ml) bulgur
2 large tomatoes
1/2 cucumber, peeled and coarsely grated
1 carrot, peeled and grated
2 tbsp (25 ml) finely chopped fresh flat-leaf parsley
10 fresh mint leaves, chopped
1 tbsp (15 ml) lemon juice
sprig of fresh mint to garnish

DRESSING:
1/3 cup olive oil
1 1/2 tbsp (20 ml) wine vinegar
1 garlic clove, crushed
salt and freshly ground black pepper

METHOD:
1. Tip bulgur into heatproof bowl, pour in 1 1/4 cups (300 ml) boiling water, cover and leave soak 20 minutes, or until most of water is absorbed. Tip into sieve to drain off excess water.
2. Scald the tomatoes in a bowl of boiling water, 30 seconds. Drain, then refresh under cold running water. Peel off skins, then scoop out seeds and dice flesh.
3. Mix tomato flesh with cucumber and carrot. Rub bulgur between fingers to separate grains, add to vegetables with herbs and toss. Sprinkle with lemon juice.
4. For dressing, put oil, vinegar, garlic and seasoning into jar and shake well. Pour dressing over the salad and toss gently. Cover with plastic wrap and chill 3 hours before serving. Garnish with sprig of fresh mint.

SERVES 4 AS A LIGHT MEAL

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A delayed message will startle you. Don't explode at the slightest provocation. A traveler tells a secret about the blues.

TAURUS ♉
APRIL 21-MAY 21
An announcement will be noted. Fly into action guided by your intuition. A lover is hungering for good-natured adventures..

GEMINI ♊
MAY 22-JUNE 21
Someone will rule with a velvet fist. A friend behaves in an abnormal manner. Call a cheerful woman for peace of mind.

CANCER ♋
JUNE 22-JULY 22
People want you to get with the program. You'll be forced to make a choice. A strong conviction determines what is really important.

LEO ♌
JULY 23-AUG 23
Be ready to concede when tension breaks out. Guard against seasonal ailments. A newcomer's breakthrough saves you from a dull job.

VIRGO ♍
AUG 24-SEPT 22
Don't tell a grouch any confidential stories. You'll be teased about a change of plans. Banal moments will put you in an awkward position.

LIBRA ♎
SEPT 23-OCT 23
Stop thinking about obeying outrageous demands. Hold your tongue to please a finicky person. A magical man is too honest.

SCORPIO ♏
OCT 24-NOV 22
A creative person is awkward before a discussion. Give credit to a meek man. A vengeful individual has to save someone.

SAGITTARIUS ♐
NOV 23-DEC 21
Find some understanding from a laid-back friend. Run the risk of being seen paying attention. A job should be finished by now.

CAPRICORN ♑
DEC 22-JAN 20
Messy stairs inspire someone to take a tumble. A significant injury has been concealed. A cynical person is moving ahead in love.

AQUARIUS ♒
JAN 21-FEB 18
Mental activity will increase your fun. Changes are opportunities for a new way of life. Someone needs time alone to plan some hanky-panky.

PISCES ♓
FEB 19-MARCH 20
Don't lift anything heavy without help. An associate may not be trustworthy. A good person makes an exciting move.

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LIPS

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Garden Fun Dinnerware Collection

Garden Fun side bowl and plate. Assorted bowls, glasses, and accessories also available. Each sold separately.

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Sandstone Dining Set, $329.99

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Master Chef 3-Burner Propane BBQ with Side Burner

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Mapleview 3-Pc Bistro Set

Stamped metal design tabletop. Folding chairs for easy storage.

$149.99

Eclipse Dining Set, $499.99

CANADIAN TIRE

For days of cosmopolitan glamour

Square Metal Lantern

Holds one pillar/votive candle (sold separately). Available in large or small sizes.

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Eclipse Dinnerware Collection

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Bolero 3-Pc Bistro Set

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Zero Gravity Chair

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